

GETTING PREPARED

MCIC is a very physically challenging course because of this, it is highly recommended for the student to be able to attain a 1st class score on their physical fitness test. It is highly recommended that the Marine work on the following areas PRIOR to attending the

Marine Combat Instructor Course:

Marine Corps Physical Fitness Test

Running- Marines are highly encouraged to focus on running. Boots and utility runs are very common at this course so it is advised to work on this area also.

Obstacle Course- Marines will be required to successfully complete the obstacle course.

Hikes- Marines will conduct a 5, 10, 15, and 20 kilometer hikes. These hikes will be conducted with all issued gear to include Flak Jacket with SAPI plates and various weapon systems.

Endurance Course/Confidence Course- Marines will run these courses consecutively. Marines must have high endurance to make it through all the obstacles as well as the distance of the course.

Marine Corps Common Skills- The bulk of the academic instruction are common skills that can be found in the MCWP 3-11.2